



# HEMORRHOIDECTOMY

These instructions will help you take care of yourself at home.



## DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first, then progress to your usual diet. Drink plenty of fluids to avoid constipation.



## ACTIVITIES

Rest today. No heavy physical activities, no driving or operating any dangerous machinery. Avoid lifting or straining for 4-6 weeks.



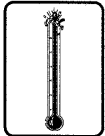
## SPECIAL CARE NEEDED

Soak in warm water in a tub (or use a sitz bath) after bowel movements or 3 times daily for comfort as needed. May need to wear a pad in your undergarment for 1-2 weeks. There may be some drainage, which will be blood-tinged to clear in appearance.



## MEDICATIONS

Please use an over-the-counter stool softener (such as Colace) as long as you are taking your pain medication.



## INFECTION

Watch for any sign of infection after surgery: **fever, chills, redness, swelling, pus, smelly discharge or increased pain.** Call your doctor at the first sign of any infection.



## WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than 4 hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**